

Kids Cook Lesson 1: Infused Water

1. What is the first thing you should do before starting a recipe?
 - A. Get a drink of water
 - B. Wash your hands
 - C. Eat
 - D. Warm up the oven

2. How long should you wash your hands for?
 - A. 20 seconds
 - B. 30 seconds
 - C. 45 seconds
 - D. 1 minute

3. Water is the best drink for hydration?
 - A. True
 - B. False

4. You should always wash your fruits and vegetables before cutting them
 - A. True
 - B. False

5. Why should you wash your fruits and vegetables?
 - A. To wash off germs and dirt
 - B. To play in the water
 - C. So, they taste better
 - D. We don't need to wash them

6. You should always clean the counter before preparing food.
 - A. True
 - B. False

7. Where can you find how much added sugars are in your drinks?
 - A. Nutrition Facts Label
 - B. In a book
 - C. At school

Just a few more questions on the next page...

8. How many glasses of water should kids drink every day?

- A. 2-4
- B. 3-5
- C. 4-6
- D. 6-8

9. When using a knife, you should always...

- A. Hold the knife with the blade facing down
- B. Use a cutting board
- C. Curl your fingers to hold the food down
- D. All of the above

10. Fruit infused water is a healthy way to enjoy a fun drink.

- A. True
- B. False



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